

# Splash...

LEARNING IS FUN



We are very proud of our great Swim Starz programme and here's why:

- Over 65 classes a week
- Lessons for all abilities, Aqua Starz 4 months - 4 years, Swim Starz 4 years plus and Rookie Lifeguard for the budding lifesaver
- Our fantastic Swim Starz teachers are all ASA qualified and attend regular on-going CPD training to keep them up-to-date with the latest teaching techniques and methods.
- Enrol your child today - ask at reception for details!

**Did you know...**  
We run intensive swimming lessons during the school holidays. Ask our reception team for details.



Note: This management reserve the right to make temporary changes to the timetable to accommodate special events.

# ACTIV ADULTS

Aquatics Programme

As part of our Activ Adults Programme we are also offering our Swim Smart Coaching Sessions. These sessions are designed to provide the more confident adult swimmers with the opportunity to access structured training without the commitment of paying for a term of swimming lessons.

## Swim Smart

Swim Smart Training... the **PHYSICAL** benefits:

- Lowers blood pressure and reduces bad cholesterol and raises good cholesterol
- Aids in weight loss and weight maintenance
- Preserves and improves functional capacity
- Strengthens muscles thanks to the greater resistance of water
- Improves flexibility and develops lung capacity
- Slows down the aging process
- Reduces your risk for heart disease and diabetes
- Improves muscle imbalances
- Exercises nearly every muscle in the body, especially if you swim all four strokes
- Improves sleep

Swim Smart Training... the **MENTAL** benefits:

- Enhances the connections between left and right hemispheres of the brain
- Improves problem solving skills and memory
- Reduces stress
- Reduces depression and anxiety
- Improves self-control and willpower which can translate to the rest of life
- Offers relaxation through the repetitive nature of movement
- Improves self esteem

Swim Smart Training... the **EMOTIONAL** benefits:

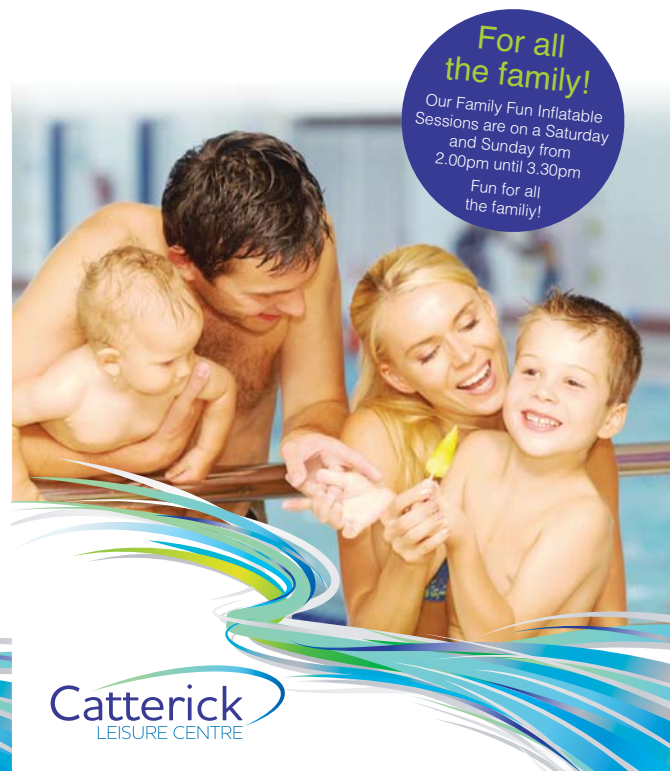
- All different levels can exercise in the same pool at the same time and the equipment you use such as kickboards, pull buoys, snorkels and fins to make a workout different and exciting and easier or harder as need be
- It's just plain fun!
- You get used to seeing yourself in a swimsuit
- You can do it when it is dark and cold outside
- It's uniting, not dividing - we all rest at the same wall
- It's adaptable and you can do different workouts depending on how you feel
- It's a lifetime sport

**Swim Smart Programme**  
**SIGN UP TODAY!**



This centre is managed on behalf of the MoD by Nuffield Health.

# Pool Programme



**For all the family!**  
Our Family Fun Inflatable Sessions are on a Saturday and Sunday from 2.00pm until 3.30pm  
Fun for all the family!





### MAIN POOL TIMETABLE

| Monday         |                                  | Thursday       |                                  |
|----------------|----------------------------------|----------------|----------------------------------|
| 6.30am-8.00am  | Lane/Public Swim                 | 12.00pm-2.00pm | Lane/Public Swim                 |
| 12.00pm-2.00pm | Lane/Public Swim                 | 2.00pm-3.00pm  | School Swimming (term time only) |
| 12.30pm-1.30pm | Swim Smart Session               | 4.30pm-6.00pm  | Swim Starz Lessons /Public Swim  |
| 2.00pm-3.00pm  | School Swimming (term time only) | 8.00pm-9.30pm  | Lane/Public Swim                 |
| 4.30pm-6.00pm  | Swim Starz Lessons /Public Swim  |                |                                  |
| Tuesday        |                                  | Friday         |                                  |
| 6.30am-8.00am  | Lane/Public Swim                 | 6.30am-8.00am  | Lane/Public Swim                 |
| 12.00pm-2.00pm | Lane/Public Swim                 | 12.00pm-2.00pm | Lane/Public Swim                 |
| 2.00pm-3.00pm  | School Swimming (term time only) | 2.00pm-3.00pm  | School Swimming (term time only) |
| 4.30pm-6.00pm  | Swim Starz Lessons /Public Swim  | 8.00pm-9.30pm  | Lane/Public Swim                 |
| 6.00pm-7.00pm  | Adult Swim Lessons               |                |                                  |
| 8.00pm-9.30pm  | Lane/Public Swim                 |                |                                  |
| Wednesday      |                                  | Saturday       |                                  |
| 6.30am-8.00am  | Lane/Public Swim                 | 9.45am-1.45pm  | Lane/Public Swim                 |
| 6.30am-7.30am  | Swim Smart Session               | 12.00pm-1.00pm | Swim Starz Lessons               |
| 12.00pm-2.00pm | Lane/Public Swim                 | 2.00pm-3.30pm  | Family Inflatable Session        |
| 2.00pm-3.00pm  | School Swimming (term time only) | 3.45pm-6.15pm  | Lane/Public Swim                 |
| 4.30pm-6.00pm  | Swim Starz Lessons /Public Swim  |                |                                  |
| 8.00pm-9.30pm  | Adults Only Swim                 |                |                                  |
| Sunday         |                                  |                |                                  |
| 7.30am-1.45pm  | Lane/Public Swim                 |                |                                  |
| 2.00pm-3.30pm  | Family Inflatable Session        |                |                                  |



Note: The pool will remain open to the public if not being used for Party Starz bookings.

### TRAINING POOL TIMETABLE

| Monday         |                                  | Friday          |                                  |
|----------------|----------------------------------|-----------------|----------------------------------|
| 12.00pm-1.00pm | Ladies Only Swim                 | 11.00am-12.00pm | Aqua Fit                         |
| 1.00pm-3.00pm  | School Swimming (term time only) | 12.00pm-1.00pm  | Diamond Club Swim /Disabled Swim |
| 4.00pm-5.30pm  | Swim Starz Lessons               | 1.00pm-3.00pm   | School Swimming (term time only) |
| 7.00pm-9.00pm  | Public Swim                      | 5.00pm-8.00pm   | Public Swim                      |
|                |                                  | 8.00pm-9.00pm   | Youth Zone Swim                  |
| Tuesday        |                                  | Saturday        |                                  |
| 12.00pm-1.00pm | Diamond Club Swim /Disabled Swim | 7.30am-8.30am   | Public Swim                      |
| 1.00pm-3.00pm  | School Swimming (term time only) | 8.30am-11.30am  | Swim Starz Lessons               |
| 4.00pm-5.30pm  | Swim Starz Lessons               | 12.00pm-1.00pm  | Ladies Only Swim                 |
| 6.00pm-7.00pm  | Adult Swim Lessons               | 1.00pm-2.00pm   | Available for Party Starz        |
| 7.00pm-8.00pm  | Aqua Zumba                       | 3.00pm-4.00pm   | Available for Party Starz        |
| Wednesday      |                                  | Sunday          |                                  |
| 12.00pm-1.00pm | Diamond Club Swim /Disabled Swim | 12.00pm-1.00pm  | Ladies Only Swim                 |
| 1.00pm-3.00pm  | School Swimming (term time only) | 1.00pm-2.00pm   | Available for Party Starz        |
| 4.00pm-5.30pm  | Swim Starz Lessons               | 3.00pm-4.00pm   | Available for Party Starz        |
| 8.00pm-9.00pm  | Aqua Fit                         | 4.00pm-5.00pm   | Public Swim                      |
| Thursday       |                                  |                 |                                  |
| 6.30am-8.00am  | Lane Swim                        |                 |                                  |
| 12.00pm-1.00pm | Diamond Club Swim /Disabled Swim |                 |                                  |
| 1.00pm-3.00pm  | School Swimming (term time only) |                 |                                  |
| 4.00pm-5.30pm  | Swim Starz Lessons               |                 |                                  |
| 5.30pm-7.00pm  | Public Swim                      |                 |                                  |
| 7.00pm-8.00pm  | Aqua Zumba                       |                 |                                  |
| 8.00pm-9.00pm  | Ladies Only Swim                 |                 |                                  |



**Know your Health Score**  
Book your Health MOT today!  
Ask at reception for more details.

Reception 01748 831030  
Catterick Leisure Centre, Gough Road  
Catterick Garrison, North Yorkshire DL9 3EL  
[www.catterickleisurecentre.com](http://www.catterickleisurecentre.com)



### TEACHING POOL TIMETABLE

| Monday          |                                  | Friday          |                                  |
|-----------------|----------------------------------|-----------------|----------------------------------|
| 9.30am-10.30am  | Family Swim                      | 9.30am-1.00pm   | Family Swim                      |
| 10.30am-11.30am | Aqua Starz                       | 1.00pm-3.00pm   | School Swimming (term time only) |
| 11.30am-1.00pm  | Family Swim                      | 4.00pm-5.00pm   | Aqua Starz                       |
| 1.00pm-3.00pm   | School Swimming (term time only) | 5.00pm-7.30pm   | Family Swim                      |
| 3.00pm-4.00pm   | Family Swim                      |                 |                                  |
| 4.00pm-6.00pm   | Swim Starz Lessons               |                 |                                  |
| 6.00pm-7.30pm   | Family Swim                      |                 |                                  |
| Tuesday         |                                  | Saturday        |                                  |
| 9.30am-10.30am  | Family Swim                      | 7.30am-8.30am   | Family Swim                      |
| 10.30am-11.30am | Aqua Starz                       | 8.30am-12.00pm  | Aqua Starz                       |
| 11.30am-1.00pm  | Family Swim                      | 12.00pm-1.00pm  | Family Swim                      |
| 1.00pm-3.00pm   | School Swimming (term time only) | 2.00pm-3.00pm   | Available for Party Starz        |
| 3.00pm-4.00pm   | Family Swim                      | 3.00pm-4.00pm   | Available for Party Starz        |
| 4.00pm-6.00pm   | Swim Starz Lessons               | 4.00pm-5.00pm   | Family Swim                      |
| 6.00pm-7.30pm   | Family Swim                      |                 |                                  |
| Wednesday       |                                  | Sunday          |                                  |
| 9.30am-10.30am  | Family Swim                      | 7.30am-11.00am  | Family Swim                      |
| 10.30am-11.30am | Aqua Starz                       | 11.00am-12.00pm | Available for Party Starz        |
| 11.30am-1.00pm  | Family Swim                      | 12.00pm-1.00pm  | Family Swim                      |
| 1.00pm-3.00pm   | School Swimming (term time only) | 1.00pm-2.00pm   | Available for Party Starz        |
| 3.00pm-4.00pm   | Family Swim                      | 2.00pm-3.00pm   | Family Swim                      |
| 4.00pm-6.00pm   | Swim Starz Lessons               | 3.00pm-4.00pm   | Available for Party Starz        |
| 6.00pm-7.30pm   | Family Swim                      | 4.00pm-5.00pm   | Family Swim                      |
| Thursday        |                                  |                 |                                  |
| 9.30am-10.30am  | Family Swim                      |                 |                                  |
| 10.30am-11.30am | Aqua Starz                       |                 |                                  |
| 11.30am-1.00pm  | Family Swim                      |                 |                                  |
| 1.00pm-3.00pm   | School Swimming (term time only) |                 |                                  |
| 3.00pm-4.00pm   | Family Swim                      |                 |                                  |
| 4.00pm-6.00pm   | Swim Starz Lessons               |                 |                                  |
| 6.00pm-7.30pm   | Family Swim                      |                 |                                  |

